

ACTIVE B-COMPLEX WITH QUATREFOLIC® BRAND METHYLFOLATE

Optimal folate and B vitamin intake is associated with healthy neurological function as well as cardiovascular support.* Active B-Complex is a balanced, hypoallergenic B-complex formula featuring active forms of vitamins B1, B2, B6, and B12. It also contains Quatrefolic brand Methylfolate, a reduced and bioactive form of folic acid.

The Preferred Form of Folate

Because humans cannot synthesize folates, they must obtain them from dietary sources. (6S)-5-methyl-tetrahydrofolate (known as 5-MTHF or L-methylfolate) is the predominant form of dietary folate and the only species normally found in the circulation, and thus it is the folate normally transported into peripheral tissues for use in cellular metabolism.¹

Cellular metabolism of L-methylfolate begins with conversion to unsubstituted tetrahydrofolate in what is known as the “methylation cycle.” There is some evidence that the metabolic capacity of intestinal cells to reduce folic acid may be limited in some individuals.^{2,3}

Quatrefolic is a novel form of folate that is stabilized as a salt of glucosamine. It is estimated to be 100 times more soluble than the commonly used calcium salt of 5-MTHF.⁴ Supplementation with the folate derivative is thought to confer the beneficial effects associated with folic acid, but without requiring the body to convert it from folic acid.*²



Quatrefolic® is a registered trademark of Gnosis S.p.A.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

ACTIVE B-COMPLEX

Each B vitamin has a unique structure and performs vital, unique functions in the human body.

- Vitamin B1 (thiamine) is involved in numerous body functions, including nervous system and muscle functioning; the flow of electrolytes in and out of nerve and muscle cells; various enzyme processes; carbohydrate metabolism; and the production of hydrochloric acid in the stomach.*
- Vitamin B2 (riboflavin) is involved in vital metabolic processes in the body and is necessary for normal cell function, growth, and energy production.*
- Vitamin B3 (niacin, niacinamide) is metabolized to form niacinamide adenine dinucleotide (NAD), niacinamide adenine dinucleotide phosphate (NADP), and nicotinic acid, all coenzymes necessary for cell function.*
- Vitamin B6 (pyridoxine) is required for the synthesis of the neurotransmitters serotonin and norepinephrine, for myelin formation, and for amino acid metabolism.*
- Vitamin B12 (Cobalamin) exists in the body in coenzyme forms that are active in cardiovascular, neurological, gastrointestinal, musculoskeletal, and other body systems.*
- Folate play a role in the synthesis of DNA and RNA, as well as being involved in homocysteine and vitamin B12 metabolism.* Folate are also needed for optimal functioning of the central nervous and immunological systems.*

Supplement Facts

Serving Size 2 capsules

Servings per container 30

Amount per 2 capsules		%DV
Total Carbohydrate	1 g	<1%†
Dietary Fiber	<1 g	2%†
Thiamin (Vitamin B1)	50 mg	3,333%
Riboflavin (as riboflavin-5'-phosphate and Vitamin B2)	50 mg	2,941%
Niacin (as inositol hexaniacinate)	100 mg	500%
Vitamin B6 (as pyridoxal-5'-phosphate and pyridoxine HCl)	50 mg	2,500%
L-Methyltetrahydrofolate (as Quatrefolic® brand (6S)-5-Methyltetrahydrofolate, glucosamine salt)	800 mcg	200%
Vitamin B12 (as methylcobalamin)	1 mg	16,667%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium D-pantothenate)	100 mg	1,000%
Choline Bitartrate	250 mg	**
Inositol	250 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: vegetable capsule (hydroxypropyl methylcellulose), cellulose, calcium laurate, silicon dioxide

Contains No: sugar, salt, yeast, wheat, gluten, soy, dairy products, artificial colors, flavors, preservatives or ingredients of animal origin.

Recommendations: Take 1 or 2 capsules daily, or as recommended by your healthcare professional.

If pregnant, nursing, or taking prescription drugs, consult your healthcare professional prior to use.

Integrative Therapeutics

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References

1. Pietrzik K, Bailey L, Shane B. *Clin Pharmacokinet.* 2010 Aug;49(8):535-48.
2. Perry J, Chanarin I. *Br J Haematol.* 1970;18: 329-39.
3. Fohr IP, Prinz-Langenohl R, Brönstrup A, et al. *Am J Clin Nutr.* 2002;75:275-82.
4. Gnosis USA, Inc. Quatrefolic Solubility Statement. Data on file.

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